



**ASPIRE SPEECH  
& LEARNING CENTER**

# Newsletter

September, 2019

## Announcements

### October's BOGO deal is back!

We will be offering a buy one, get one free to any new tutoring clients.

Spread the word to your friends and family!

This offer begins October 1st

Check out our Facebook page [Aspirespeech](#)

& Learning Center and our Instagram

[@aspireespeech](#) for fun pictures and informative posts!

## Meeting Developmental Milestones

-Information found at <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

The Center for Disease Control and Prevention have listed helpful guidelines that may help you when observing your child's development. It is important to learn the signs and act early on any child that may be falling behind on age appropriate development. The milestones listed on their website cover children from 2 months to 5 years old. Each age has details regarding the development of social/emotional, language/communication, movement/physical, and cognitive milestones that you as a parent can observe as your child grows.

### Developmental Milestones of a 4 year old

#### Social and Emotional

- Plays "Mom" and "Dad"
- Often can't tell what's real and what's make-believe
- Talks about what she likes and what she is interested in

#### Language and Communication

- Knows some basic rules of grammar, such as correctly using "he" and "she"
- Tells stories
- Can say first and last name

#### Movement and Physical

- Hops and stands on one foot up to 2 seconds
- Pours, cuts with supervision, and mashes own food
- Ignores other children or doesn't respond to people outside the family

#### Cognitive

- Starts to understand time
- Understands the idea of "same" and "different"
- Tells you what he thinks is going to happen next in a book

Explore the CDC website to find the complete list of developmental milestones for ages 2 months to 4 years. The information focuses on the importance of learning the signs and acting early on any delays in a child's development milestones.



## Staff Spotlight

Ashlyn Hardy M.A., CFY-SLP

Speech-Language Pathologist



Ashlyn is a Speech-Language Pathologist who received her Bachelor of Arts and Master of Arts Degrees from California State University, Fresno. Ashlyn has worked with many individuals including toddlers, kids, teenagers and adults with various diagnosis. Family is very important to Ashlyn and she strives to work with families as a team to strengthen their relationships within. Ashlyn is recently married to her husband Geoff. She enjoys reading, art, being with her family, and everything Disney!



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